

75 DAYS OF FUN FAMILY ACTIVITIES

- Go to the library and check out two books you haven't read.
- Play charades.
- Jump rope — make up your own silly rhymes as you jump.
- Go fishing. Dig your own worms.
- Play catch.
- Turn on the oldies radios station and dance while you pick up the house.
- Go bowling. Winner buys snacks!
- Make your own "fossils" by imprinting objects into clay.
- Play Frisbee. Turn it into Frisbee golf by using trees as holes and count the number of throws to the tree.
- Find a picture you like in a magazine — use sidewalk chalk to recreate it in your driveway.
- Rent a how-to-salsa dance video and learn some new dance moves.
- Check out a local hiking trail. Don't forget your canteen and camera.
- Go butterfly hunting. Use a clothes hanger and some netting.
- Play badminton.
- Tell stories around the campfire.
- Make miniature paper boats and float them in water.
- Did it snow? Fill up some spray bottles with water and a few drops of food coloring to "paint" the snow.
- Learn how to use a compass.
- Go bird watching. Bring your binoculars and a bird book and keep a list of the different birds you see.
- Clean the garden. Have the kids race to see who can make the biggest pile of weeds.
- Make edible funny faces using English muffins, cream cheese and sliced veggies.
- Go sledding.
- Have a backwards day. Everyone wears their clothes backwards and breakfast is served for dinner.
- Acquire some large cardboard boxes at a local store and duct tape them together to make a fort. Of course the outside will need to be decorated with crayons or markers.
- Go for a fall leaf collection hike. Iron leaves between waxed paper with an iron protected with paper towels.
- Have kids draw a map of their yard, which can become a treasure map for hidden objects.
- Skip rocks. How many skips can you get?
- Look for animal homes in your neighborhood.
- Spend a night sleeping under the stars in your own backyard.
- Play flashlight tag - Whoever is "it" waits at home base with a flashlight and counts to 20. When they're done, they set out hunting for the others with the light. "It" tags a player by shining the light on them and identifying them (calling out their name). Once "tagged," players return to the starting point until all are caught. The first person caught is "it" in the next round.
- Set up an obstacle course.
- Fly a kite.
- Make a collage of family photos.
- Try photography at night. Take photos when the sun sets and/or moon rises. The light at these times of day will add ambiance to your photos. Stabilize your camera with a tripod or other sturdy surface.
- Write a story about the wildlife in your yard.
- Fill 10 jars with different fragrant items (soap, onion, lemon, pine needles, etc). Have family members wear a blindfold and see who can identify the most items correctly.
- Play Twister®.
- Make a snack-o-lantern. After the holiday, don't throw out your jack-o-lantern. Turn it into a feeder for backyard visitors such as squirrels, chipmunks, or birds. Just fill your carved pumpkin with ears of Indian corn, seeds, or nuts. You can even add fruit pieces such as apple cores and skins.
- Wash the car.
- Water balloon fight!
- Attend a local school play or musical.

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- Make bath time fun with bubbles.
- Play hopscotch.
- Make a carpet picnic for lunch. No ants!
- Be the first person to walk through freshly fallen snow.
- Make ice cube crayons with frozen water and food coloring.
- Play "I Spy" and other travel games when running errands
- Turn on music and sing along while folding laundry together
- Get out the broomstick and try limbo.
- Go to the nearest pond and feed the ducks.
- Make a dandelion chain.
- Make watercolor paints – with berries!
- Make "ants on a log" with celery, peanut butter or cream cheese and raisins.
- Create a service scavenger hunt: Give kids a list of things to do like vacuum one room, read a book to a small child, wash a window, etc. You can even have them do each of these things at a different neighbor's home, and the neighbor has to initial the item as proof.
- Get out the video camera and recreate a scene from a favorite movie.
- Hit a tennis ball against a wall.
- Go for a bike ride – and don't forget your helmet!
- Play "hide the spoon." Everyone gets out of the room and one person hides a spoon; they have to come and look for the spoon and you have to say if they're hot or cold.
- Make homemade ice cream.
- Plant some seeds in your garden or a small container near a sunny window.
- Visit some yard sales – or plan your own.
- Collect your gently used toys or clothes and donate to a local charity.
- Rake leaves or shovel snow for an elderly neighbor.
- Have everyone in the family choose a country, learn five words in that country's language and report on something new they learned about that country. Plan and create a traditional meal together from one of the countries chosen.
- Pick up litter at a local park.
- Go to the movies.
- Play "Beat the Clock" when picking up toys
- Get some modeling clay and have each person sculpt another family member without identifying who it is, then try to guess. Display your new sculptures on the mantel.
- Read about the history of a certain holiday and create a related craft.
- Make fruit kabobs and yogurt dip.
- Play beach ball hockey.
- Do a hill walk. The up hill will involve a "power walk" with some great upper body pumping and lots of hamstring or back of the leg conditioning. The down hill will use gravity as a tool to improve quad strength and endurance by lunging, striding and running with the line of the hill.
- Hike by moonlight.
- Make a portrait of a lion – for lunch – with sliced deli meat for the face and shredded cheese for the mane.
- Play the dictionary game – open the dictionary, shut your eyes and point to a word. Learn the word and its meaning. Challenge children to use the new word in a sentence.
- Eat breakfast in the park.

What are your ideas?

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